

LUNCH ROUTINE

By Cristina, María e Ilda. Group 2.

General tips:

- It is class culture.
- Children age: 3 years old.
- Time: first weeks of school year.
- Competence: autonomy.
- Why, theories based on: Multiples intelligences of Gardner.
 - With this routine we try to develop three of those intelligences:
 - Linguistic-verbal, through the song and the actions we asked children to do once we say the commands.
 - Bodily-kinesthetic, they will get the control of their body.
 - Interpersonal, we encourage the social interaction through the groups.

What we expect from the children:

- To be able of recognize when the teacher names their group.
- To be able of recognize their space, their lunch pack.
- To take them to their sits and be calm.
- To thank when someone is doing something for them. In this point is actually the teacher who is going to encourage the children to thank saying the "Thank you" when they are taking the napkin from the student in charge of that.
- To learn how to take the fork and pick the pieces of fruit, and move it to their mouths.
- To wait until all the class-mates finished.
- To throw the garbage, leave their lunch packs and sit down back in the right place.

What we will ask the parents to give their children:

- To eat: sandwich and/or cookies (for them to be easier). Cut fruit (for them to eat healthy and without getting dirty). Not to give them anything with chocolate (for them not to get dirty).
- To drink: water or juice (preferable water).

- To give them the sandwich inside a small bag (there are special small bags for sandwiches).
- To give them the cut fruit inside a tuper which is open just making an “up-click” in the *tab/reed?*.
- To give them the water or juice in a bottle which has no the typically cap, just a thing similar to a baby bottle.

This we need to prepare before start with the routine:

- To separate the children in groups and name them with one color each group.
- To name one responsible of deliver the napkins each week.

Description:

- At lunch time the teacher rings a bell and says: “LUNCH TIME!!”
- The teacher star singing the song: “I feel so hungry (bis), I think is time for us, to have lunch”. The students at the beginning just listen (later time they will hum and finally sing).
- The teacher says and point at the beginning which group start going to their places and continue guiding the turn of the other groups: “Blue table group” “Green table group”...
- The children go in small groups to their space to get their lunch and back to their tables, to their sits.
- The student who is in charge that week has to deliver one napkin to each student. The teacher will encourage the children to thank the action being the teacher itself the one who says “Thank you” at the time they received the napkins.
- The teacher starts “singing” and making the gestures they need to learn how open their lunch pack. The students will learn them. Also teach them how to take the fork and pick the pieces of fruit.
- The children eat lunch sitting and calm.
- When they finished they leave the bottle/small bags/tuper in their tables and wait for the others finished.
- When everyone has finished stand up again by groups to throw the garbage in the right place and leave the packs in their spaces. The teacher says the order of the groups.
- They come back to their sits.

- Finishing the routine the teacher asks: “Have you eaten well?” “Did you like it?”. The children answered: “Yes!!” or “No!”.